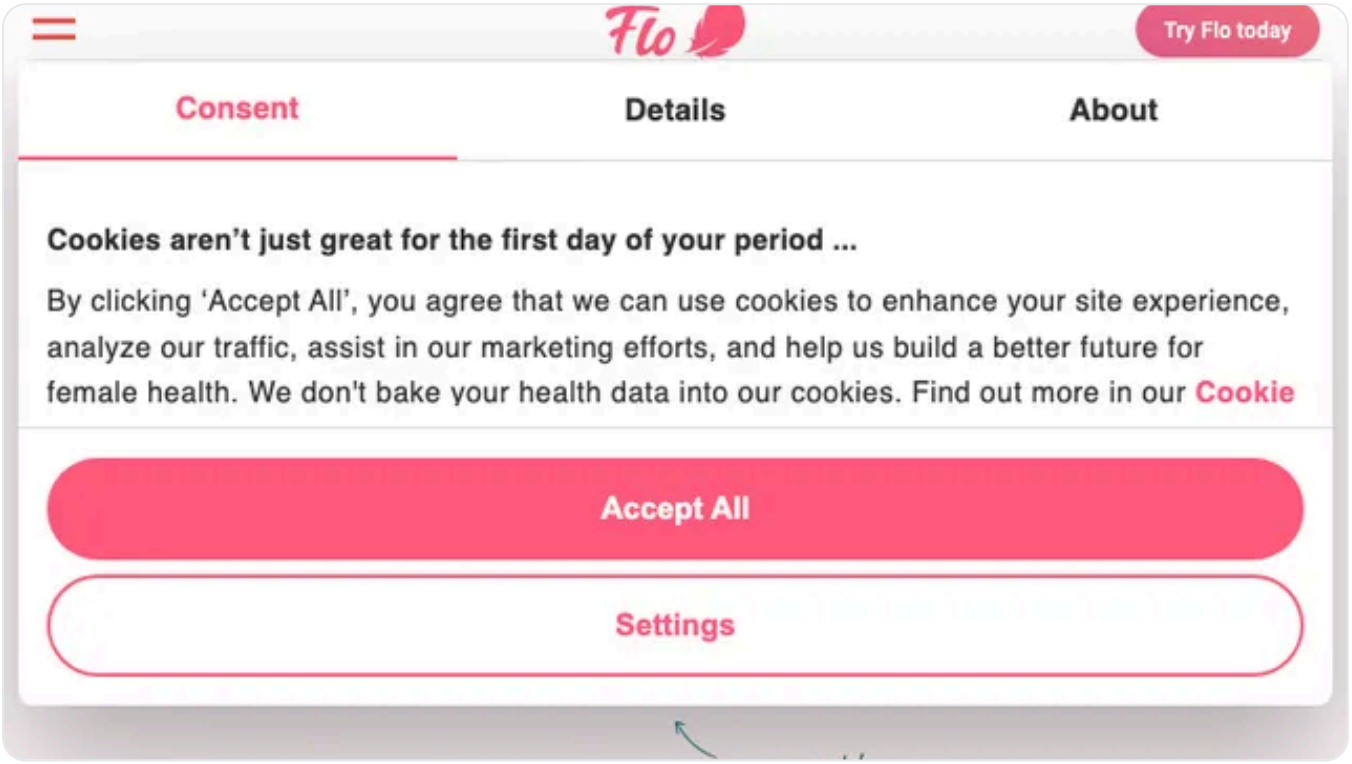
Flo App

AI-powered period, ovulation, and pregnancy tracking for cycle insights and symptom logging.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About

Flo App is an AI-powered period tracker that helps people follow periods, ovulation, and pregnancy in one place. It lets you log symptoms, review cycle patterns, and use pregnancy and fertility tools to better understand what may be happening in your body. Flo also highlights related features such as a health library, quizzes, calculators, anonymous mode, and support for partners.

What is Flo App

Flo App is a women's health app focused on cycle tracking, pregnancy support, and fertility awareness. The app says it is used by over 420 million people around the world

and ovulation tracker, but it also extends into pregnancy tracking, symptom logging, and educational content.

The product positioning is broad, so Flo App is not just one single tracker. It combines a cycle calendar, health content, and several calculators that help users estimate dates related to ovulation, pregnancy, implantation, and IVF/FET timelines. That makes the app more than a basic period tracker and closer to a full-cycle health companion.

Key features

Flo App includes a wide set of features tied to menstrual health, conception, and pregnancy. The main tools and content areas mentioned on the site include:

- period tracking and cycle logging
- ovulation tracking and fertility-related planning
- pregnancy tracking
- symptom tracking so users can spot patterns over time
- Health Library articles and health education content
- quizzes and calculators for cycle and pregnancy math
- Flo for Partners
- Anonymous Mode for more private use
- Secret Chats
- Symptom Checker
- subscription management through Flo Premium

The calculator set is one of the most concrete parts of the app. Flo App lists tools such as an ovulation calculator, hCG calculator, pregnancy test calculator, menstrual cycle calculator, period calculator, implantation calculator, pregnancy weeks to months calculator, pregnancy due date calculator, IVF and FET due date calculator, and a due date calculator by ultrasound. For people comparing cycle dates or pregnancy estimates, that makes the period tracker feel much more practical.

How to use it

- Start by entering cycle information so the app can begin predicting and organizing your period tracker data.
- Log symptoms as they happen to build a more complete picture of your cycle.
- Use the ovulation and fertility tools when you are trying to understand your fertile window or get pregnant.
- Switch to pregnancy tracking if that becomes the relevant stage.
- Explore the Health Library, quizzes, and calculators when you need context or quick estimates.
- If privacy matters, check options like Anonymous Mode before you continue.

The app's structure suggests that the period tracker is the central layer, while the calculators and educational features support that core function. That means the best results come from regular use, not occasional one-off checks.

Who it is for

Flo App is built for people who want one app for cycle awareness, pregnancy support, and educational health guidance. It is especially relevant for:

- people who want a period tracker with symptom history
- users trying to conceive who need an ovulation tracker
- pregnant users who want a pregnancy tracker and date calculators
- people who prefer a health app with articles, quizzes, and support tools
- partners who want a shared or supporting experience through Flo for Partners
- users who want more privacy controls than a basic tracker may offer

The app also references LGBTQ+ content, which suggests broader use cases beyond a single assumed user path. That makes Flo App a period tracker with a wider health context than many competing apps.

What to know before you use it

Flo App is useful, but it should not be treated as a medical authority. Its predictions and calculators are based on the information you enter, so a period tracker can only be as

cycles are irregular, if you are evaluating a possible pregnancy issue, or if you need a medical diagnosis, the app's estimates are not a substitute for a clinician.

A few practical caveats matter:

- The app's public site promotes many tools, but exact pricing details, supported platforms, and feature access are not fully clear from the source material.
- Flo App includes educational content and a Symptom Checker, but those are not the same as professional medical care.
- Due date and ovulation estimates can help with planning, but they are still estimates, not guarantees.
- For urgent symptoms, missed periods with concerning signs, or pregnancy complications, official medical guidance should come first.

If you want a period tracker that also covers ovulation tracking, pregnancy planning, and health education in one place, Flo App is a strong all-in-one option. If you need clinical certainty, use the app for tracking and then verify with an official source or healthcare professional.

FAQ

What does Flo App track?

Is Flo App free to use?

Is Flo App free?

What platforms does Flo App support?

What platforms is Flo App available on?

Can Flo App help with ovulation timing?

Who is Flo App best for?

Does Flo App offer educational content?

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Pricing	Freemium
Category	AI
Platform	Web, iOS, Android
Launched	Aug 2026
Updated	today
Verified	2 months ago

TAGS

period tracker # ovulation # pregnancy # women's health # cycle tracking # symptom logging # fertility # medical education # symptom tracking

health education

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